



# Lorna Byrne Middle School

## The Weekly Viking



"Feel the Byrne"



### Notes from the Office

Viking Families,

Welcome back! We hope your Winter Break was fun and relaxing. A reminder that 3rd quarter begins January 19th. Students that need to make up or catch up on their schoolwork should consult with their teachers as soon as possible.

- The Office Staff

### This Week's Events

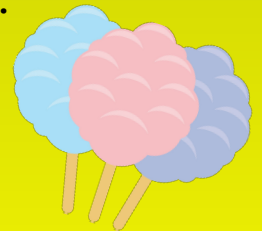
MLK Day/No School - 1/15

School Board Meeting - 1/17, 6PM  
@District Office

Art Club - 1/17, 4PM-6PM

### 8th Grade Valentine's Day Fundraiser

PARENTS: The 8th grade class will be selling cotton-candy as a fundraiser for their end of year activities. If you'd like to send your student a cotton candy to let them know they're special, you have until February 8th to place an order, bags of cotton candy are \$3.00. Bags will be delivered on Feb 14th at school. Parents can drop off their order and money at the front office, or send it to school in a sealed envelope with their student.



### The Book Shelf

LBMS Library News



Welcome Back!

Hope your break was fun and exciting...the Laura Bush Foundation Grant Books have all been ordered and a great deal have been entered into our library system... thanks to those of you who have checked them out and enjoyed them. Also, please remember to check in any books that became due over the break.

Mr. J

101 S. Junction Avenue, Cave Junction, OR 97523 Ph. 541.592.2163 Fax: 541.592.4851



Click the buttons at left for our social media and links to other important sites

**Lorna Byrne Middle School**

# **SPORTS**



**Click on the icons above for  
game/match schedules**

**VIKING  
PRIDE!!**



# LBMS LUNCH MENU

15

American Classics

- Jalapeno Cheese Burger
- Turkey Chef Salad
- Chicken Caesar Salad
- Garlic Twist
- Honey Graham Crackers
- Creamy Caesar Dressing

Pizza

- Chicken Alfredo and Broccoli Pizza
- Classic Pepperoni Pizza
- Classic Cheese Pizza

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Chicken Nuggets
- Garlic Twist
- French Fries

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Sub Roll
- Soft Flour Tortilla
- Whole Grain Sliced Bread
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Banana
- Fresh Orange Wedges
- Fresh Fuji Apple
- Chilled Diced Pears
- Chilled Peaches
- Blueberries
- Carrot & Celery Sticks
- Fresh Broccoli Florets
- Corn & Black Bean Salsa Salad
- Mexican Pinto Bean & Cilantro Salad
- Mexican Black Bean & Cilantro Salad
- Kidney Bean Salad
- Fresh Chopped Romaine

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

16

American Classics

- Chicken Fried Brown Rice
- Turkey Chef Salad
- Chicken Caesar Salad
- Garlic Twist
- Honey Graham Crackers
- Creamy Caesar Dressing

Pizza

- Meat Lover's Pizza
- Classic Pepperoni Pizza
- Classic Cheese Pizza

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Spicy Chicken Sandwich
- Tater Tots

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Sub Roll
- Soft Flour Tortilla
- Whole Grain Sliced Bread
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Banana
- Fresh Orange Wedges
- Fresh Fuji Apple
- Chilled Diced Pears
- Chilled Peaches
- Blueberries
- Spinach & Romaine Salad
- Carrot & Celery Sticks
- Sliced Cucumbers
- Mexican Black Bean & Cilantro Salad
- Mexican Pinto Bean & Cilantro Salad
- Kidney Bean Salad

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

17

American Classics

- Cheese Stuffed Breadsticks
- Spaghetti Sauce
- Turkey Chef Salad
- Chicken Caesar Salad
- Garlic Twist
- Honey Graham Crackers
- Creamy Caesar Dressing

Pizza

- BBQ Chicken Pizza
- Classic Pepperoni Pizza
- Classic Cheese Pizza

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Chicken Nuggets
- Garlic Twist
- French Fries

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Sub Roll
- Soft Flour Tortilla
- Whole Grain Sliced Bread
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Banana
- Fresh Orange Wedges
- Fresh Fuji Apple
- Chilled Diced Pears
- Chilled Peaches
- Blueberries
- Carrot & Celery Sticks
- Corn Salad with Ranch
- Green Peas
- Mexican Pinto Bean & Cilantro Salad
- Mexican Black Bean & Cilantro Salad
- Kidney Bean Salad
- Fresh Chopped Romaine
- Fresh Carrots

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Fat Free Milk
- Creamy Ranch Dressing
- BBQ Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Pickles

18

American Classics

- Spaghetti with Italian Meat Sauce
- Green Beans
- Turkey Chef Salad
- Chicken Caesar Salad
- Garlic Twist
- Honey Graham Crackers
- Creamy Caesar Dressing

Pizza

- The Works Pizza
- Classic Pepperoni Pizza
- Classic Cheese Pizza

Grill

- Classic Cheeseburger in Bun
- Classic Chicken Sandwich
- Spicy Chicken Sandwich
- Tater Tots

So Deli

- Deli Turkey
- Sliced Turkey Ham
- Hummus
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Sub Roll
- Soft Flour Tortilla
- Whole Grain Sliced Bread
- Shredded Lettuce
- Sliced Tomatoes
- Pickles

Fruit & Vegetable Bar

- Fresh Banana
- Fresh Orange Wedges
- Fresh Fuji Apple
- Chilled Diced Pears
- Chilled Peaches
- Blueberries
- Carrot & Celery Sticks
- Spinach & Romaine Salad
- Fresh Tomato Wedges
- Mexican Black Bean & Cilantro Salad
- Mexican Pinto Bean & Cilantro Salad
- Kidney Bean Salad
- Sliced Cucumbers

Milk & Condiments

- 1% Low-fat Milk
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